



If I Can Do It . . .
You Can Do It

In memory of my precious mother who really tried to teach me how to cook!

And encouragment to my dear daughter Jordan.

Hopefully you'll have the cooking skills of your grandmother!

You're on your way to becoming a fabulous cook!



Jordan gets a lesson from the expert on how to gather and cook corn.

This recipe book contains recipes that my family enjoys and that are, for the most part, pretty simple to make.



Homemade Salsa

Apparently Devin and Taylor enjoyed this salsa with chips at K-State.

Thanks to Gayla Randel, Devin's mother, for sharing this recipe!

16 large fresh tomatoes or 6 14.5 ounce cans diced tomatoes*

1/2 cup white vinegar

1 pouch Mrs. Wages medium salsa mix

1 medium onion diced

2 green jalapeno peppers, diced (seeds & spines)

1 red jalapeno pepper diced (seeds & spines)

1 Anaheim pepper (seeds & spines)



Mix and cook in a 250° oven until thickened. Stir every 30 minutes or so. Will take 2-3 hours. Serve warm or keep in fridge for 2-3 weeks.

**If fresh tomatoes are used, scald by putting in boiling water for 1-2 minutes and then in ice water. Peelings will split and come off easily. Be sure to cut off stem and any bad spots before scalding. Dice as you like then continue with front side directions. May need to change ice water if it warms up too much.*



Corn Salsa

This recipe is supposed to be similar to Chipotle's corn salsa.

*1 lb bag of frozen corn, cooked
1/3 bunch of cilantro, chopped finely
2 green jalepenos, finely diced
1/2 red onion, diced finely
Juice of one lime
Salt pepper to taste*

*1 pablano pepper, roasted in the oven, diced finely
(I was too scared it would be spicy since I've never used it before, and it's huge!! Let me just say the jalepenos were spicier...)*

Chop chop chop, and mix all together. and your done :)





Pico de Gallo



This recipe is supposed to be similar to Chipotle's corn salsa.

Chipotle is Dane's favorite place to eat!

6 ripe Roma tomatoes, finely diced..

2 tbsp chopped cilantro

1/2 red onion, diced finely

1/2 tsp salt

Juice of half a lemon

1/2 jalapeno, finely diced

Dice everything and combine.. And enjoy :)

Chipotle





Cilantro Lime Rice

This recipe is supposed to be similar to Chipotle's lime rice.

*2 cup basmati rice
4 cups water
Bay leaf
1 tsp salt
Juice of a lime
2 tbsp cilantro, minced
2 tbsp oil*

Saute the rice in oil until almost translucent. Add bay leaf and water, bring to a boil.

As soon as the water begins to boil, turn the heat down low.

Simmer, covered for 15-20 minutes, or until all water is absorbed.

Turn off heat. Leave covered for 30 minutes. This is the "steaming" part, this is what makes the rice fluffy.

Once done, It may be helpful to transfer rice into a mixing bowl for the next step.

Mix salt and juice of lime together until salt is dissolved.

remove bay leaf, pour it over rice, fluff with a fork.

Sprinkle in cilantro, and toss well to evenly coat with cilantro and lime mixture. And you're done!

Baked Hot Pepperoni Dip

This is an office favorite.

*8 ounces mozzarella cheese, shredded
4 ounces green olive, sliced
1 green pepper, chopped
1 cup mushroom, diced
3 ounces pepperoni slices
8 ounces cheddar cheese, shredded
1 bunch green onions, chopped
2 cups mayonnaise
3/4 cup black olives, sliced*



Mix all ingredients except the pepperoni in 9 x 13 pan. Put pepperoni over the top and bake at 350° for 6-10 minutes. Serve with taco chips or crackers.

Oriental Salad

I got this recipe from Rosie. This salad is so good, especially the crunchy ramen noodles and nuts!

1 head of romaine, cut into small pieces

4 green onions

small bunch of broccoli crowns

1 package ramen noodles - throw away the seasoning

1 cup chopped walnuts

Crunch the noodles then brown them with the walnuts in 4 T. butter. Cool on paper towel. Mix with lettuce mixture.



Dressing:

1/2 c. vegetable oil

1/2 c. sugar

1/4 c. red wine vinegar

1 1/2 t. soy sauce

Mix together and pour over the salad right before serving.



Bacon, Apple Raspberry Vinaigrette Salad

Found this recipe on Pinterest!

*2-3 Romaine Hearts, Shredded
1-2 apples chopped
1 pkg. Bacon, cooked and chopped
1 pkg. Walnuts
1 pkg Feta Cheese*

*Dressing:
1 cup Sugar
1 tsp salt
1 tsp dry mustard
1/2 cup Red wine vinegar
1/2 small Red onion
1/2 cup olive oil
1 tsp poppy seeds*

Combine 1st 5 ingredients for dressing in a blender and blend till smooth. Slowly add in oil while blender is running. Stir in poppy seeds. It's easy and yummy as that!



Autumn Tossed Salad

I'm not sure who gave us this recipe.



*½ cup lemon juice
½ cup sugar
2 teaspoons finely chopped onion
1 teaspoon Dijon mustard
½ teaspoon salt
2/3 cup vegetable oil*

*1 tablespoon poppy seeds
1 bunch romaine, torn
1 cup (4 ounces) shredded Swiss cheese
(I used Monterrey Jack)
1 cup unsalted or lightly salted cashews
1 medium apple, chopped
1 medium pear, chopped
¼ cup dried cranberries*

In a blender, combine the lemon juice, sugar, onion, mustard and salt. While processing, gradually add oil in a steady stream. Stir in poppy seeds. Transfer to a small pitcher or bowl. Cover and refrigerate for 1 hour or until chilled. (I just use a Tupperware shaker) In a large salad bowl, combine the romaine, cheese, cashews, apple, pear and cranberries. Drizzle with dressing and toss to coat. Yield: 10 servings



Winter Fruit Salad



This is one of my precious sister's recipes! Thanks Jane!

Salad:

*1 head Romaine, torn in pieces
1 c. shredded Swiss cheese
1 c. cashews
1/4 c. sweetened dried cranberries
1 apple, cubed
1 Bosc pear, cubed*

Dressing:

*1/2 c. sugar
1/3 c. lemon juice
2 t. finely chopped onion
1 t. Dijon mustard
1/2 t. salt
2/3 c. oil
1 T. poppy seed*

In blender, combine dressing ingredients except oil and poppy seeds. Cover and process until blended. With machine running, add oil in steady stream until thick and smooth. Add poppy seeds and blend a few seconds to mix.

In large bowl, combine salad ingredients. Toss to mix. Pour dressing over salad and toss. You can add more dried cranberries, cheese, and cashews if desired.

** I don't use all the dressing.*

Chicken Supreme

I first had this up at Norma Staker's cabin, high in the Rocky Mountains.
Very delicious.

4 - 8 chicken breasts

fat free Swiss cheese

Cream of chicken soup mixed with 1/4 c. Vermouth cooking wine.

Sprinkle with 1 cup herb seasoned Pepperidge Farm stuffing mix.

Bake 45-60 minutes at 350°.

Serve over rice. With 4 chicken breasts there will be enough gravy to season plain rice. With 8 breasts, use seasoned rice.





5 Bean Chili

This is one of Jordan's favorites!

1 can red kidney beans

1 can lima beans

1 can pinto beans

1 can great northern white beans

1 can butter beans

3/4 cup brown sugar

1/2 cup ketchup

1 teaspoon mustard powder

onions to taste

1 pound hamburger

1 pound bacon

Mix all ingredients in a large pot and cook for about 3 hours.



Chooch's Chili

Chooch, Bill's precious mother, gave us this recipe. Hoosier chili, like my mother always made, was this same recipe but with macaroni noodles added.

1 can tomato juice (I prefer Campbell's rather than an off brand)

1 can chili beans

2 pounds of browned hamburger

1 tablespoon of chili powder (or add to taste)

1 can diced tomatoes

Throw this all together in a large pot and cook on medium or high to start with. Then turn it down to low and just let it simmer for a while. The longer it simmers the better it tastes. If you like your chili to be thicker, just add more beans, hamburger or tomatoes.

YUMMY

Enchilada Casserole

*1 pound hamburger
1 can cream of mushroom soup
1 can cream of chicken soup
1 small carton sour cream
1 small can green chilis (chopped)
1 bag Doritos (crunched)
Your choice of cheese (grated)*



Brown hamburger. Add everything else except cheese and Doritos which you sprinkle on top. Bake in casserole dish for about 15 - 20 minutes at 350°F.

Chicken Casserole

I'm not sure where this recipe came from but it's a good one!

2 cups chopped, cooked chicken

1 1/2 cups cooked rice

1 can cream of chicken soup

2 T chopped onion

1 c. chopped celery

1 can sliced water chestnuts (I cut them in slivers like the almonds)

1/2 c. slivered almonds

1 T. lemon juice

1/2 t. salt

1/4 t. cayenne pepper

1/2 t. black pepper

3/4 c. mayonnaise (not Miracle Whip)

Mix all together and place in a buttered 9X13 casserole dish. Top with crushed potato chips and bake at 400 degrees for 20 minutes.



BBQ Meatballs

This was a popular recipe at church dinners. My kids love this recipe especially when served with hash brown potatoes.

*3 lbs. hamburger
2 cups quick oatmeal
1/2 t. garlic powder
2 t. chili powder*

*2 eggs
1 cup chopped onion
1 t. salt
1/2 t. pepper*

Mix well and shape into balls. Place balls in flat pans in a single layer. Makes approximately 4 9x12 cake pans full.

Sauce:

*2 cups ketchup
2 cups brown sugar*

*1/2 t. garlic powder
1/2 cup chopped onion
2 T. liquid smoke*



Dissolve and pour over meat balls. Bake one hour at 350°.

Corn Sausage Chowder

LaVeda Hobbie shared this recipe with us. The recipe calls for sausage but we use smoked sausage instead. Yummy!

*1 lb. sausage
1 cup onion
4 cups potatoes,
 peeled & cut in 1/2 in cubes
1 t. salt
1/8 t. pepper*

*1/2 t. marjoram
2 cups water
1 can 17 oz. cream style corn
1 can 17 oz. whole kernel corn, drained
1 can 12 oz evaporated milk*

In dutch oven or kettle, cook sausage and onion. Drain on paper towels. Return sausage and onion to kettle with potatoes, salt, marjoram, pepper and water. Bring to boil, reduce heat and simmer just until potato is tender, about 15 minutes. Add cream-style corn, whole kernel corn and evaporated milk. Heat through.



Grilled Pizza

Auntie Carol shared this delicious recipe with us!



3/4 cup warm water
1 package active dry yeast
1/2 teaspoon sugar
1 1/2 cups unbleached flour (has more nutrients)
1.4 cup whole wheat flour (more robust & chewy crust)
1 teaspoon kosher salt
2 tablespoons corn meal, preferably white, plus additional for the pan
2 tablespoons extra virgin oil, plus 1/4 teaspoon for the bowl
Makes two 12-inch pizzas.

1. Pour the warm water into a small bowl or measuring cup. (If the water is too hot, the yeast will die. If too cold, it will not activate.) Add the yeast and sugar and stir until the yeast dissolves into a smooth beige color. Let it stand on your counter for about 5 minutes to prove that the yeasted water is active. A thin layer of foam will appear at the top, indicating that the batch is good.
2. Kneading with a stand mixer. Add the flours, salt, and cornmeal to a 4 or 5 quart standing mixing bowl. Use the dough hook attachment on the lowest speed to mix the dry ingredients. Add the yeasted water and the 2 tablespoons of olive oil. Mix on the slowest speed to allow the ingredients to come together. You may need to scrape down the sides with the spatula. Then move to medium-high speed and knead for 2 minutes. The batter should form a ball, unless it's too wet or sticky. If so, add only enough flour to prevent it from sticking. The dough should come off the sides cleanly and form a ball.
3. Put the remaining 1/4 teaspoon of olive oil in a medium bowl. The dough will be sticky, so flour your hands before pickiting it up, and place it in the bowl. Turn it over several times until it is coated in oil. This prevents a crust from forming on its surface as it rises.
4. Cover with plastic wrap, and place in a draft-free, warm place for 2 hours, until it rises to almost double in appearance.
5. Chill the dough in the refrigerator overnight, or for 1 hour to firm it up. Since this dough is slightly sticky, chilling the dough makes it easier to roll out. Chilling it overnight gives the dough more flavor and texture. Dough will keep in the refrigerator for 3 days.
6. Coat the grill with extra virgin olive oil.
7. Grill the dough 2 - 3 minutes at 400°. It should bubble. Peek underneath to see if it is toasted.
8. Flip the dough over (grilled side up) onto a cookie sheet and add your favorite toppings.
9. Reduce grill temp about 75% and grill for about 10 minutes. The cheese should melt and the veggies should soften. Peek underneath to see that the bread is grilled.



Aunt Norma's Recipe

This is another recipe of Norma Staker. Jordan & Taylor made this while at KSU. Simple recipe and delicious!

1 can chili beans

1 can mild green chilies

1 can spanish rice (it's kind of hard to find this in a can anymore, the package type will work ok)

1 1/2 - 2 pounds browned hamburger

Brown the hamburger and drain. Add all ingredients and cook until it is warm. Serve with corn chips. You can also add chopped lettuce, sour cream, guacamole, shredded cheese, chopped onions, etc.



Broccoli-Rice Casserole

This recipe was a favorite of the Frerer family and is now one of our favorites too.

*1 Box of Chopped Broccoli
1 cup (uncooked) instant rice
1 Jar Cheese Wiz (small jar)
1 can of cream of mushroom soup
1 Cup of chopped onion
1 Cup of chopped celery*

*Saute chopped onions and celery till tender. Cook rice as direction on box.
Cook broccoli and drain, then mix all items together and place in baking dish
and bake at 350° for 45 min. I usually double it and use the larger 9 X12
baking dish. Enjoy.*



Monkey Bread

This bread is the perfect bread for any time. We really like it with chili, much easier than cinnamon rolls.

*3 tube biscuits
1/3 cup sugar
1 1/2 sticks margarine
Nuts*

*1 cup brown sugar
1/2 teaspoon cinnamon
1 teaspoon cinnamon*

Cut each biscuit into 4 pieces. Roll each piece in mixture of 1/2 teaspoon cinnamon and sugar. Grease bundt pan with Crisco. Place nuts in bottom of pan, then layers of biscuits. Combine margarine, 1 teaspoon cinnamon and brown sugar. Boil 2 to 3 minutes. Pour over biscuits and nuts. Bake at 350° for 25 minutes. Cool ten minutes and turn out.



Poppy Seed Bread

This is so delicious. Bill's nephews, Tom & Ben, always request this on holidays.

3 c. flour

1 c. & 2 T. cooking oil

1 1/2 t. salt

1 1/2 t. poppy seeds

1 1/2 t. baking powder

1 1/2 t. vanilla

2 1/4 c. sugar

1 1/2 t. almond extract

3 eggs

1 1/2 t. butter flavoring

1 1/2 c. milk

Mix and pour into 2 loaf pans 9" x 5", that are greased and floured. Bake about 1 hour at 350°. Remove from pans and pour the following mixture over warm loaves.

Topping:

3/4 c. powdered sugar

1/2 t. vanilla

1/2 t. almond ext.

1/2 t. butter flavoring

2 T. milk (approx.)

Mix and spread over your fresh, warm bread.





Quick Dropped Donuts

Thanks mom for this recipe.

*1 1/2 c. flour
2 t. baking powder
1/2 t. salt
1/8 t. nutmeg
1/4 t. cinnamon
1/2 c. sugar
1/2 c. milk
1 T. melted shortening
1 egg*



Mix together and drop by teaspoonful into hot fat. Sugar them when cool.



Icebox Butterhorns

Rosie gave us this recipe. These are wonderful and easy to make!

*1 package (1/4 oz) active dry yeast
2 tablespoons warm water (110-115 degrees)
2 cups warm milk (110-115 degrees)
1/2 cup sugar*

*1 egg, beaten
1 teaspoon salt
6 cups all-purpose flour
3/4 cup butter, melted
Additional melted butter*

In a large mixing bowl, dissolve yeast in water. Add milk, sugar, egg, salt and 3 cups flour; beat until smooth. Beat in butter and remaining flour (dough will be slightly sticky) Do not knead. Place in a greased bowl, cover with plastic wrap and refrigerate overnight. Punch dough down and divide in half. On a floured surface, roll each half into a 12 inch circle. Cut each circle into 12 pie-shaped wedges. (I use a pizza cutter) Beginning at the wide end, roll up each wedge. Place rolls, point side down 2 inches apart on greased baking sheets. Cover and let rise in a warm place until doubled, about 1 hour. Bake at 350 degrees for 15-20 minutes or until golden brown. Immediately brush tops with melted butter. Yield: 2 dozen



Coffee Cake

This is Bill's favorite breakfast. Since it takes more than 2 steps he doesn't get it very often.

2 c. Bisquick

2 T. sugar

1 egg

2/3 c. water or milk

Heat oven to 400 degrees. Grease round pan, 9 x 1 1/2 in. Mix above ingredients and beat vigorously with fork or wire whip for 30 seconds. Spread in pan.

Streusel Topping:

1/3 c. Bisquick

1/3 c. packed brown sugar

1/2 t. cinnamon

2 t. firm butter

Mix streusel topping ingredients until crumbly. Sprinkle over coffee cake batter. Bake 20-25 min.



Cream Puffs



Rosie and I tried to make these. We kept opening the oven door to see if they were ready. Big mistake! They ended up being one inch balls - great weapons. There was no way we could put pudding in them!

1 cup water

1/2 cup butter or margarine

1 cup all-purpose flour

4 eggs

Heat oven to 400°. Heat water and butter to rolling boil. Stir in flour. Stir vigorously over low heat about 1 minute or until mixture forms a ball. Remove from heat. Beat in eggs, all at one time; continue beating until smooth. Drop dough by scant 1/4 cupfuls 3 inches apart onto ungreased baking sheet.

Bake 35 to 40 minutes or until puffed and golden. Cool away from draft. Cut off tops. Pull out any filaments of soft dough. Carefully fill puffs with Vanilla Cream Pudding. Replace tops; dust with confectioners' sugar. Refrigerate until serving time. 12 cream puffs.



Just save yourself a lot of trouble and buy these in the frozen food aisle at Wal*Mart! They're delicious!!!!

Chocolate Chip Cookies

Bill's favorite cookies are chocolate chip. This recipe was suggested on Pinterest. This is now his new favorite cookie recipe!

<http://allrecipes.com/recipe/award-winning-soft-chocolate-chip-cookies/>

4 1/2 cups all-purpose flour	2 (3.4 ounce) packages instant vanilla pudding mix
2 teaspoons baking soda	4 eggs
2 cups butter, softened	2 teaspoons vanilla extract
1 1/2 cups packed brown sugar	4 cups semisweet chocolate chips
1/2 cup white sugar	2 cups chopped walnuts (optional)

1. Preheat oven to 350 degrees F (175 degrees C). Sift together the flour and baking soda, set aside.
2. In a large bowl, cream together the butter, brown sugar, and white sugar. Beat in the instant pudding mix until blended. Stir in the eggs and vanilla. Blend in the flour mixture. Finally, stir in the chocolate chips and nuts. Drop cookies by rounded spoonfuls onto ungreased cookie sheets.
3. Bake for 10 to 12 minutes in the preheated oven. Edges should be golden brown.



No Bake Cookies (a.k.a. Cow Dabs)

This is Opal Bradley's recipe, a dear church friend from childhood. I think the weather has something to do with how they turn out - sticky or not.
(My brothers came up with the name 'Cow Dabs'.)

<i>1 stick oleo</i>	<i>1/2 cup peanut butter</i>
<i>2 cups granulated sugar</i>	<i>3 cups rolled oats</i>
<i>1/2 cup milk</i>	<i>4 tablespoons cocoa</i>
<i>1/2 teaspoon vanilla</i>	

Add oleo, sugar, and milk in pan and let them boil for one minute. Next add peanut butter, oats, cocoa, and vanilla. Stir until all is a dark brown color. Spoon out on wax paper and let dry for a little bit. Then they are good to go!



Can you tell
the difference?





Cheese Pie



This is not quite as sweet as cheese cake (which means you can eat more!) but it is fabulous! Serve it with a bowl of cherry pie filling.

2 (8 oz) packages cream cheese

2/3 cup sugar

3 eggs

1 teaspoon vanilla

Beat cream cheese. Gradually add sugar. Add vanilla. Beat in eggs, one at a time, until smooth. Pour into greased pie plate. Bake at 375° for 25-30 minutes. Remove for 10 minutes to cool.

Add topping:

8 ounces sour cream

2 tablespoons sugar

1 teaspoon vanilla

Mix topping ingredients and add to top of pie. Bake an additional 10 minutes at 300°.

Heath Toffee

This reminds me of Christmas Eve at Uncle Dale's house. Aunt Ruth always made the best candies!

1 cup butter

1 cup sugar

1 T. corn syrup

3 T. water

3/4 cup walnuts (finely chopped)

chocolate almond bark

Melt butter, stir in sugar. Add syrup and water. Stir constantly to 290°. Add walnuts, cook 1 minute. Stir constantly. Pour in buttered 13 x 9 pan. Pour thin layer of chocolate over top. Let cool.



Laundry Soap

I found this on pinterest and use it in my HE washing machine. Love it and it is much cheaper than Tide.

1 4 lb 12 oz box Borax (2.15 kg or 76 oz)

1 4 lb box Arm & Hammer Baking Soda (1.81 kg)

1 box Arm & Hammer Super Washing Soda 55 oz (3 lb 7 oz)

3 bars of Fels-Naptha soap, found in the detergent aisle (if you use Zote bars use 2 bars instead, Zote can be found at Home Depot)

2 small containers of Oxy Clean or store brand Oxy Clean (try to get about 3.5 lbs total (1.58 kg)) (this is optional)

